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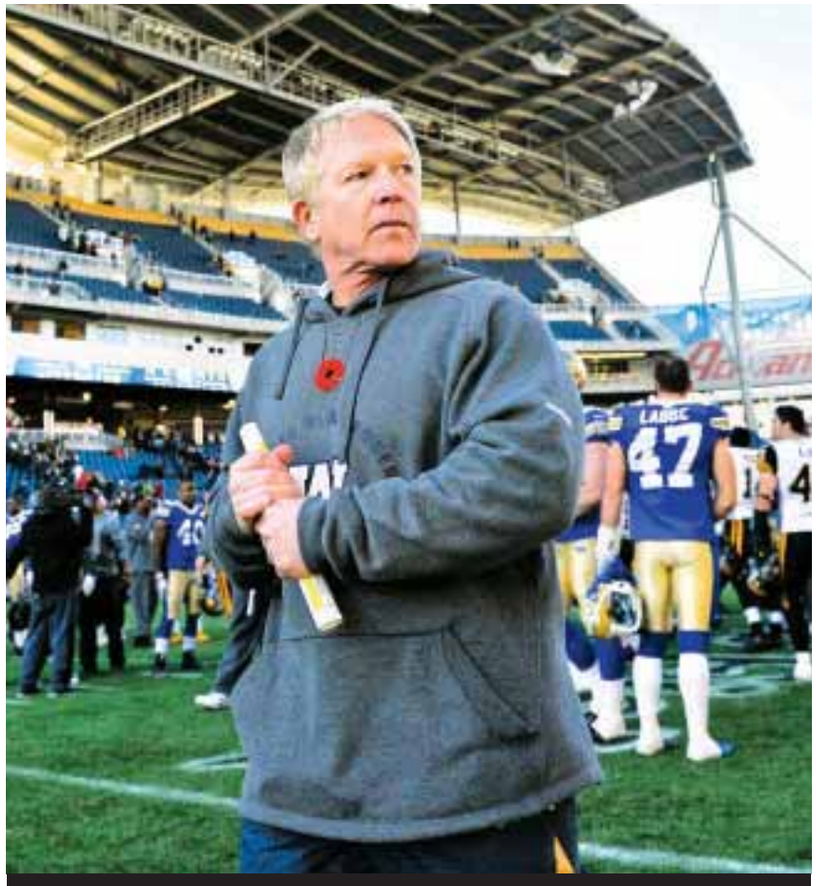

Tim Burke walks off the field after losing to the Hamilton Tiger-Cats in Winnipeg on Nov. 2. Burke won't be back as the Bombers' head coach in 2014. FRED GREENSLADE/THE CANADIAN PRESS

The Bombers' Tim Burke is out of work

That was quick. Head coach the latest sack since GM Joe Mack was fired in August

Nice while it lasted

"I've really enjoyed my time in Winnipeg and am grateful for the opportunity this franchise gave me."

Tim Burke, in a press release.

Wade Miller has pressed the firing button again.

The Blue Bombers announced Wednesday the removal of head coach Tim Burke. Miller said the move was made Tuesday, after the "acting" tag was nixed from his title of president and CEO.

Although Kyle Walters is the team's acting GM, Miller explained why he let Burke go rather than wait for a GM to decide his fate.

"I believe that it was the right step for this organization," he said at Wednesday's press conference.

"Typically, a new general manager is going to want to hire his own person.... And also ... I didn't feel it was appropriate to have Tim waiting for the next three or four or five weeks in determining what his future was."

Burke became Winnipeg's interim head coach in August 2012. The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season. They were 7-21 under Burke's leadership.

All the assistant coaches are on contracts that are up this year, Miller said, adding he's open to Burke staying with the team because he's got good character and has excelled as a defensive boss. Burke reportedly had a year left on his contract.

"I think that we'd be lucky as an organization to have Tim back as a defensive coordinator," Miller said.

Burke is receptive to that and wants to meet the new head coach, said Miller.

THE CANADIAN PRESS

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Drowned two kids

No inquest in Lisa Gibson case

Lisa Gibson COURTESY FACEBOOK

There will be no inquest into whether a mother suffering from postpartum depression received the help she needed before she drowned her two small children and committed suicide.

Manitoba's chief medical examiner is recommending instead that the province's College of Physicians and Surgeons investigate the treatment 32-year-old Lisa Gibson received.

Police say Gibson drowned her two children — two-year-old Anna and three-month-old Nicholas — in their Winnipeg home's bathtub in July. Her body was found three days later in the Red River.

Dr. Thambirajah Balachandra said Gibson was suffering from postpartum depression and had seen a doctor.

"We looked into her treatment, the diagnosis and how she died, and came to the conclusion that the facts are fairly straightforward and clear," he said in an interview Wednesday.

Registrar Dr. Bill Pope said the college is waiting to be formally notified by Balachandra's office before it decides what steps to take. The college could investigate to see if disciplinary action is needed.

THE CANADIAN PRESS

City. Code of conduct report not good enough: Coun.

A report on a code of conduct and disclosure process for City of Winnipeg employees eight months in the making still falls short, critics told the city's most powerful committee on Wednesday.

Winnipeg lawyer David Sanders and Coun. Ross Eadie shared several of their concerns with members of the executive policy committee, with Sanders wondering why a code of conduct committee has not been established.

"I find this totally inexplicable," said Sanders, adding this committee would be given the ability to take "remedial action" against statutory officers, including the CAO.

Eadie said he believes the disclosure portion needs to be beefed up.

"We need to make it clear to our employees that they can't be involved as an employee or as a major owner of a business that is directly related to their job (with the city)," said Eadie, citing one example of city investigators also working for insurance companies.

Quoted

"As a citizen, I demand that EPC now establish the code of conduct committee."

Lawyer David Sanders

Instead, EPC members voted to adopt the recommendation from the public service, which doesn't mention the creation of the committee but does call for better employee understanding of the current code and a requirement that department heads disclose assets and interests.

Mayor Sam Katz said city staff now "basically followed what the mayor and council has to do."

"(The public service does) have a code of conduct, they made it very clear that there are repercussions when you have a conflict," said Katz.

BERNICE PONTANILLA/METRO

EPC awards contract to Ontario company

MTS denied re-tender.
FlexITy partner Cisco Systems says company does have the expertise needed to provide service

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city committee's go-ahead to contract an Ontario company for its telephone services is causing consternation for Manitoba's largest telecommunications company.

On Wednesday, Mayor Sam Katz and his executive policy committee colleagues voted in favour of awarding FlexITy Solutions of Ontario with a five-year contract — until Nov. 30, 2018 — to provide landline voice over Internet Protocol (VoIP) for just over $6 million.

The committee approved the contract despite concerns raised by MTS president Kelvin Shepherd of the Ontario firm's ability to provide security and staff.

Quoted

"As an individual, I definitely want to support Winnipeg, Manitoba, companies; there's no question about it. The city's point of view, as you know, we've had contracts that have gone to people outside or may have a partnership in the City of Winnipeg."

Mayor Sam Katz

"I hope they do ensure that all of the concerns and questions I raised are fully addressed and really that's all I can ask," said Shepherd after unsuccessfully asking that the contract be re-tendered.

MTS president Kelvin Shepherd and Mayor Sam Katz were all smiles earlier this month after Shepherd announced that the telecommunications company was expanding its MTS Wi-Fi network to include arenas, recreation complexes and libraries. BERNICE PONTANILLA/METRO

"MTS as the local service provider with over 2,000 employees here in Manitoba, millions of dollars in investments, a track record serving the city, I think we should have gotten more consideration."

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Local artist Guy St. Godard shows off a collection of watercolour prints of downtown Winnipeg he'll be selling at a pilot winter farmers' market running at the Manitoba Hydro Place Gallery Thursday. SHANE GIBSON/METRO

BIZ hoping for a permanent farmers' market

Locally produced. Pilot winter farmers' market running Thursday

While the search for a grocery retailer willing to make the move into downtown Winnipeg continues, the Downtown Winnipeg BIZ may have come up with a homegrown solution.

BIZ executive director Stefano Grande told Metro Wednesday the organization is currently looking for a permanent home to hold its popular Downtown Farmers' Market next summer, and if a pilot winter edition of the sale proves popular Thursday, the market may become a permanent downtown fixture year round.

"We'll see if there's a good demand for a farmers' market in the off-summer months," explained Grande of the trial winter market running 10 a.m. to 4:30 p.m. in the Manitoba Hydro Place Gallery. "Clearly what's made the farmer's market work is the nice attraction between the office workers, residents and the students.

"I think there's a demand downtown that isn't being served."

The BIZ saw success with 30 vendors taking part in the first year of its summer farmers' market, which opened one day a week during the summer months in the courtyard of the downtown Manitoba Hydro.

Grande wouldn't reveal what locations the BIZ is considering for their permanent market — which he said may be open more than one day a week — but did hint they're looking at the success of similar farmers' market recently opened in Victoria's vacant downtown Hudson's Bay store.

BIZ, which represents 1,400 businesses, may hold another winter farmers' market in early 2014 depending on the demand seen Thursday.

SHANE GIBSON/METRO

What's for sale?

- Vendors at the downtown farmer's market sell locally-produced produce and crafts, and the winter edition is expected to include breads, pastries, preserves and canned goods.

THE DOWNTOWN WINNIPEG BIZ

Police dogs take centre stage in new calendar

A police dog might very well be the most terrifying thing a criminal can run into, but put those same pups into a calendar and they're adorable all year long.

The Winnipeg Police Service and the Winnipeg Police Association have teamed up to release the 2014 Winnipeg Police Canine Calendar, which features pictures of 12 of the force's 23 service dogs.

"All the funds are going to go towards the (Winnipeg Humane Society)," explained Const. Dave Weisz of the WPS Canine Unit Wednesday, noting the unit relies on the humane society for its veterinary needs. "The humane society does a lot of great work, not only for dogs, but for a lot of pets."

A similar calendar released two years ago quickly sold out, and while 500 copies of next year's edition have been printed, Weisz said more could be produced if needed.

Winnipeg police canine unit member Sgt. David Bessason and police dog, Xandra.
SHANE GIBSON/METRO

Bob Holliday took about half of the pictures in the calendar, and the retired city newspaper reporter said the hardest part of the job was picking which dogs would be included.

The best part, said Holliday, was putting together the calendar's December shot in which a service dog is seen sporting a Santa hat and a robust beard.

"I took a picture of the Santa Claus at the Winnipeg Police Association's kids Christmas party, and then I just took out (the member's) face and put it on the dog," he laughed.

The calendars are selling for $15 and are available at all Winnipeg Petland locations, the Winnipeg Humane Society, Monart at 9567 St. Mary's Road, and the Red Top Restaurant at 219 St. Mary's Road.

SHANE GIBSON/METRO

Aurora the polar bear lights up zoo

The students at Duke of Marlborough School in Churchill have named the newest member of the Assiniboine Park Zoo's polar bear family Aurora. The 11-month-old cub arrived at the end of October and will be a friend to Hudson and Storm, the three-year-old male bear named a few weeks ago by the same school.

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Police apology

‘Enjoy it’ jibe about rape sparks outrage

India’s top police official apologized Wednesday for saying, “If you can’t prevent rape, you enjoy it,” a remark that has outraged women. Central Bureau of Investigation chief Ranjit Sinha made the remark at a gambling conference.

Sinha said if the state could not stop gambling, it could at least make some revenue by legalizing it.

“If you cannot enforce the ban on betting, it is like saying, ‘If you can’t prevent rape, you enjoy it,’” he said.

India has faced protests after a fatal gang rape.

THE ASSOCIATED PRESS

Coroner’s decision

Woman jailed for boy’s killing can appear at inquest

A woman convicted of starving her grandson to death is “intimately and intricately” linked to the Toronto boy’s case, a coroner said Wednesday in allowing her to participate at the inquest into his case.

Elva Bottineau, serving life, was granted standing at the coroner’s inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago while in her care.

Coroner Peter Clark said standing must be given to anyone with a “direct and substantial interest” in a particular inquest.

THE CANADIAN PRESS

MDs’ triumph

Baby born safely after brain-dead mom kept alive

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child’s brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother’s organs — her heart, liver, kidneys and pancreas — were donated to four recipients.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via caesarean this summer at 27 weeks, weighing 3 pounds, 1.8 ounces.

THE ASSOCIATED PRESS

Drugs, booze and now … sex?

Rob Ford’s day of shame. Just-released court document contains stunning claim about Toronto mayor and ‘prostitutes’

A bombshell court document, released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time it raises the issue of … sex.

The document reveals the aides were worried about the presence of suspected “prostitutes” in the mayor’s office.

The previously censored information comes from police interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers’ allegations centre on the night of St. Patrick’s Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was “an escort or a prostitute.”

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom said Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor’s office around 9 p.m. half of it was gone.

“Mayor Ford was totally out of it and had obviously been drinking,” the police document quotes Ransom as saying.

Ford wanted to “smoke narcotics” with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana’s showed up, Ransom said.

“When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down,” the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and “two females that may have been prostitutes.”

The mayor then started “crying uncontrollably,” assaulted one staffer, pushed another and drove himself home. THE CANADIAN PRESS

Mayor Rob Ford confronts city councillors in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

A daily scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- **Vote.** Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- **Contrition.** “I really effed up,” Ford said. “Apologizing and saying you’re sorry, you can only say that so many times.”
- **Next move?** The 37-5 motion, however, was non-binding.
- **Counter-move.** Ford failed to introduce a motion that would have forced all councillors to undergo drug testing. The speaker ruled it out of order.
- **Defiance.** Ford repeated he would not resign or step aside to seek help.
- **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

8 die as mobs rampage

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon.

The rampage set off a wall collapse that killed eight people.

As the mobs carted off thousands of sacks of grain, security forces exchanged gunfire with an armed gang.

The incidents in or close to Tacloban, the storm-ravaged city focus of international relief efforts, add to concerns about the slow pace of aid.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of a massive international aid effort are beginning to turn, but not quickly enough for some 600,000 people displaced, many of them homeless, hungry and thirsty.

Children are cared for in storm-hit Tacloban. THE ASSOCIATED PRESS

Planes, ships and trucks were all on their way, loaded with generators, water purifying kits and emergency lights.

Airports were reopening, and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7.

The death toll rose to 2,357, says a national tally, but was expected to rise. THE ASSOCIATED PRESS

Web awards. Metro worth sharing in print and online

Metro has won two silvers at the 2013 Canadian Online Publishing Awards.

The award ceremony, which is held in Toronto every year, honours the best digital work in mobile and desktop journalism.

Metro won for its mobile apps, which remain among the most popular news apps in Canada, as well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

Random biz fact of the day

1-4%

Looking for a job on major job boards has a success rate of just 1-4%.

CAREERLEAF/NEXCAREER

CHRIS HONDROS/GETTY IMAGES FILE

Market Minute

DOLLAR 95.58¢ (+ 0.28¢)

TSX 13,370.66 (+ 44.62)

OIL $93.88 US (+$0.84)

GOLD $1,268.40 US (-$2.80)

Natural gas: $3.65 US (+3.3¢)
Dow Jones: 15,821.63 (+70.96)

Look ma — no hands!

The mind is mightier than the sword — or hand. College creates stunning thought-based game

LUCY HAINES
For Metro in Edmonton

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly named Project Vulcan is a prototype built with the help of game-development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

Out of the box

"We're teaching students how to build a game but also how to think beyond."

NAIT instructor Armand Cadieux

"How we play games has changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multitasking.

NAIT instructor Armand Cadieux dons headgear for Project Vulcan, a hands-free game that reads the brain — no hand controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO

Catwalk gives her wings?

Taylor Swift has a spot on Victoria's Secret show

The Victoria's Secret Angels worked their magic on the catwalk Wednesday, weaving between Taylor Swift and Fall Out Boy.

The elaborate wings, shiny sequins and strategic flashes of skin certainly helped. Oh, and those Nicholas Kirkwood and Sophia Webster stilettos had the models towering over everyone else, too.

Taylor Swift
INVISION/THE ASSOCIATED PRESS

Swift donned a Union Jack costume and a sparkly silver minidress, but she never put on the lingerie that makes the show so famous. She did give a lively performance of I Knew You Were Trouble that got the crowd on its feet. Faux snow fell from the rafters, adding to the fantasy feel of the production.

THE ASSOCIATED PRESS

Motorola unveils much cheaper smartphone

Motorola says it wants to equip the world with the latest smartphone technology — at less than a third of the price.

The new Moto G phone starts at $179 in the U.S. without a contract requirement. That compares with $600 or more that people must pay for phones without two-year service agreements.

Motorola, which is owned by Google Inc., said Wednesday that it will target an estimated 500 million people worldwide who can't afford phones costing more than $200. In the past, the company said, those consumers were limited to phones with technology that's at least a year old and thus unable to run the latest apps and services.

The company is targeting not just emerging markets, but budget-conscious consumers in the U.S. Although people can often get phones with contracts at the lower price, service fees are higher because they include the cost of subsidizing those phones. And many people don't have good enough credit to qualify and are limited to so-called prepaid plans. THE ASSOCIATED PRESS

Release rollout

- The phone starts selling in Brazil and parts of Europe on Wednesday.
- It will be available in Canada, parts of Asia and the rest of Europe and Latin America over the next few weeks.
- It is expected in the U.S., India, the Middle East and additional markets in Asia in January.
- Motorola didn't announce any plans for Africa.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called Untapped Potential: Creating a Better Future for Service Workers.

$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as $23,647 in Toronto.

GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.

GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors ...

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stungunned by Sarah No. 1's get up.

I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK

Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

HE SAYS

John Mazerolle
metronews.ca

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control, too.

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than,

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lay stagnant on my couch.

Unless The Empire Strikes Back is on.

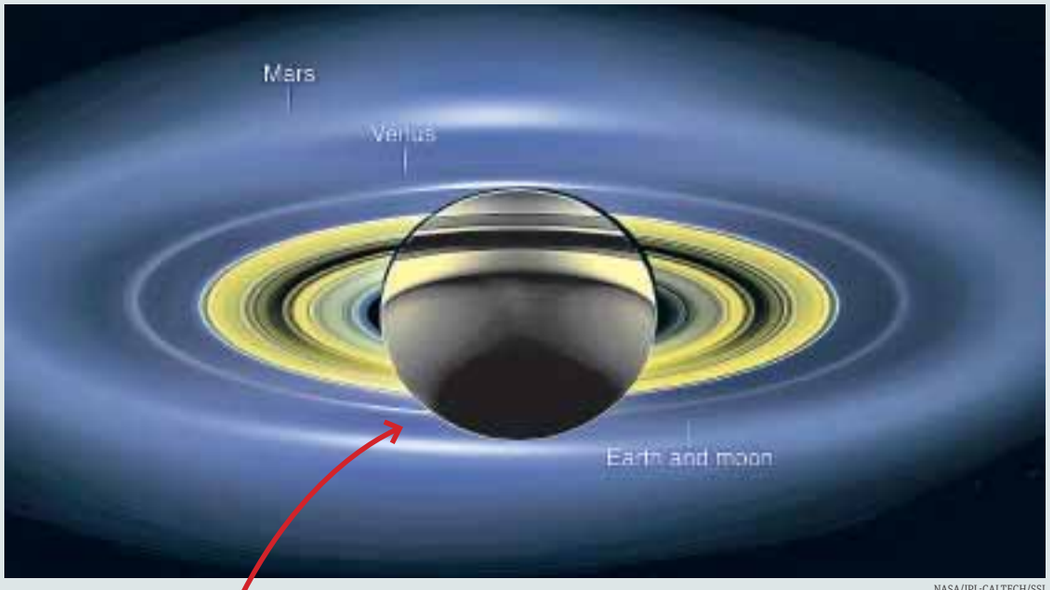
That's different.

It changed my life.

(This column was originally published in Metro in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

ISTOCKIMAGES

Hipmunk:
Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:
One-stop shop for hotels, flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:
Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ldnont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of the population, they always seem to work out well.

@KevinLabonte: 75% of bike releated accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, lets build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Little Miss Higgins and The Winnipeg Five celebrate the release of Bison Ranch Recording Sessions on Friday at the West End Cultural Centre. CONTRIBUTED

Forget about trying to be perfect

Local music. Little Miss Higgins and the Winnipeg Five preach about the art of doing live recording albums — warts and all

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Typically, f-holes are best avoided. That is unless you're making music with them.

Canadian blues singer-songwriter Little Miss Higgins recorded her latest album, Bison Ranch Recording Sessions, with Winnipeg folk five-piece The F-Holes, renamed for her purposes as The Winnipeg Five.

"I think it was in 2009 that I met James (McKee), the trumpet player, at a gig I was doing at the Times Change(d)," says Higgins, 35, whose real first name is Jolene.

"He introduced himself as a trumpet player. I was like, 'Right on, do you want to come sit in tomorrow night?' Because we were playing two nights. I had never heard him, but he was wearing a suit and said he was a trumpet player so I figured he was good."

After McKee proved he was more than a flashy suit, Higgins kept in touch with the trumpeter, and eventually met the rest of The F-Holes.

The sextet gathered together this past April and recorded Bison Ranch in the loft of a barn just east of Winnipeg, between Steinbach and La Broquerie, Man.

Keeping with the rustic aesthetic, Higgins and The Winnipeg Five recorded the album live off the floor, or as Little Miss Higgins bio states, "fire crackles and crow caw-ing included."

"Nowadays, so many records and recording processes are so layered and it's all about making stuff perfect, and I feel sometimes the talent and the art is lost," Higgins says. "Keeping it live, even if there are mistakes, it's not about being perfect. It's about being in the moment and I think that definitely shines through with what we did."

Higgins says she's excited to present Bison Ranch to Winnipeggers, as she recently relocated to the city from Nokomis, Sask. She says she's been lying pretty low so far, but did catch local blues guitarist Brent Parkin at the Pembina Hotel.

"He's definitely my hero," Higgins says.

"I love a lot of that old country and blues stuff; Memphis Minnie, Muddy Waters. I also love the guitar players that crossed those boundaries, maybe a bit more country, but guitarists like Chet Atkins and Les Paul. Les Paul and Mary Ford were fabulous guitar players. They crossed the boundaries between country and western swing. I really love that stuff."

Need to know

Little Miss Higgins and The Winnipeg Five play the West End Cultural Centre on Friday.

- **Show.** Tickets are $15 at the WECC, Ticketmaster, Music Trader and Winnipeg Folk Festival Music Store or $20 at the door. Showtime is 8 p.m.

Chestnut is among director's Holiday best men

NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in The Best Man, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, The Best Man Holiday.

Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?
We're both big football fans. I've been playing football and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are Boyz n the Hood — where I played a football player — and this one, where I play a football player.

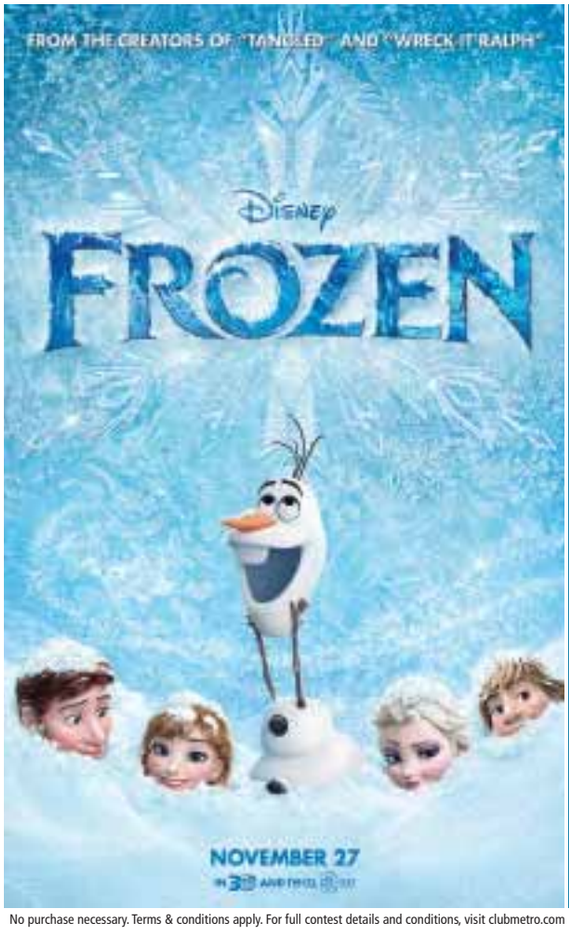
So, 14 years later. How much does that mess with your head?
You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some of us haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?
You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from The Best Man Holiday.
MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

The characters have all done quite well for themselves.
To be honest, I think that was what was so interesting and refreshing about the first one. It was the first movie of its kind where you really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have those types of images that I think people wanted to see. You had your films like Boyz n the Hood, New Jack City, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more Kick-Ass movies?
Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now, unfortunately.



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Twitter

@katyperry
Emojis are really just ancient hieroglyphics.

@Louis_Tomlinson
Can't wait for ps4!!!!!

@pattonoswalt
Me: Hello darkness, my old friend. Darkness: I aintcher friend, chubs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."

Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut.

Efron also reportedly sustained a gash that required stitches in the fall.

Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."

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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.

When H&M contacted me and asked if I would like to collaborate I felt it was a great honour. I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?

All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?

It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?

The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

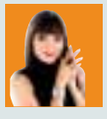
Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."

Isabel Marant

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.
CONTRIBUTED

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero

With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

5 tables with a twist

1 In the living room

Eating and watching television has just been elevated in a stylish manner. Scout Functional Coffee Table, $800, eq3.com.

2 In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, $50, ikea.ca.

3 In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, $350, sears.ca.

4 In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, $395, crateandbarrel.com.

5 In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, $170, cb2.com.

MOVING??
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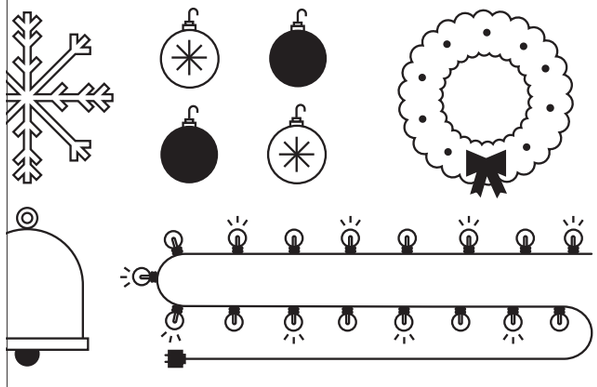

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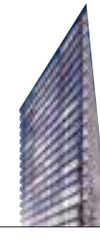

STEP UP AND SHOW YOUR SUPPORT

With 371 million people around the world living with diabetes and another 280 million at high risk of developing the disease, World Diabetes Day has never been more important.

World Diabetes Day is an international campaign to raise the awareness of diabetes and the importance of diabetes education and prevention.

The campaign was introduced in 1991 by the International Diabetes Federation (IDF) and the World Health Organization, and it is held every year on Nov. 14. The IDF is an umbrella organization of more than 200 national diabetes associations in more than 160 countries.

The months leading up to World Diabetes Day are when communities really step up to show their support and make it a global event.

Initiatives ranged from diabetes' counselling open houses in Australia and new healthy items on restaurant lunch menus in Brussels, Luxembourg and Strasbourg to "Blue Friday" screening days in El Salvador, benefit soccer matches in Spain, and a three-day diabetes paddle challenge in Bahrain.

ISTOCK/THINKSTOCK

Online, Take a Step for Diabetes invited individuals and groups to make symbolic donations of step (at steps.worlddiabetesday.org) to raise awareness. The website kept a running tally of what steps were taken, how many, and by whom. Almost 600 groups and individuals around the world participated in a variety of ways, such as wearing blue for diabetes (that counted for 200 steps), doing an hour of moderate intensity physical activity (2,000 steps), organizing a diabetes walk (5,000 steps), and lighting a monument or building in blue (5,000 steps). The goal of 371 million steps was surpassed well ahead of the deadline, which coincides with the World Diabetes Congress Melbourne 2013 in early December.

Visit idf.org/worlddiabetesday/activities for more information and to support the important initiative yourself.

HAPPY BIRTHDAY

While World Diabetes Day campaigns last the entire year, the day itself marks the birthday of Sir Frederick Banting. The Canadian scientist and doctor discovered insulin with Charles Best in 1922. The discovery is credited for saving millions of lives. Banting was awarded the Nobel Prize in physiology or medicine in 1923.

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SHOPPERS DRUG MART

Comfort food gets healthy with this stew-pendous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)

This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

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The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scroppo is out to change that. Her book, The Healthy Italian, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, The Healthy Italian is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. METRO

Putting the sweet in potato and fresh herb croquettes

This recipe makes 25 to 28 croquettes.

1. Cut potatoes in half and cover completely in a pot of water. Bring to a boil and cook for 30 minutes, until tender when centres are poked with a fork. Drain and let cook slightly.

2. Remove skins and hand-mash potatoes in a large bowl until completely mashed. Add milk and butter and toss to cool a little more before handling. Add egg, cheeses, garlic, parsley, basil, salt and pepper; toss well to combine. Refrigerate mixture for 30 minutes.

3. Preheat oven to 425 F.

4. Pour bread crumbs into shallow dish or pie plate, half at a time to avoid clumps. Pour egg white into another shallow dish. Measure out 2 heaping tbsp of potato mixture and shape into 1 x 3-inch-long rolls. Coat with bread crumbs, dip one side into egg white and roll in the palm of your hand to coat all sides, then dip again into bread crumbs. Place on a baking sheet lined with foil paper. Spray tops and sides (about 5 seconds) with cooking spray and cook until golden, about 20 to 25 minutes on middle oven rack.

Ingredients

- 3 large baking potatoes
- 1 large sweet potato
- 2 tbsp 1% milk
- 1 tbsp light butter, melted
- 1 egg, beaten
- 1/4 cup shredded light provolone or part-skim mozzarella cheese (91 oz/28 g)
- 4 tbsp freshly grated Parmigiano-Reggiano cheese
- 1 clove garlic, minced
- 1/4 cup minced fresh parsley
- 2 tbsp minced fresh basil
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 cups spelt bread crumbs
- 1/2 cup egg white

Appetizer. Pan-Seared Tuma With Red Peppers

This recipe makes 10 servings.

Ingredients

- 1/4 cup uncooked quinoa
- Pinch sea salt
- 1/4 cup egg white, beaten
- 12 oz (330 g) tuma cheese
- 1/4 cup roasted red peppers, or store-bought roasted red peppers

1. Add quinoa into the bowl of a mill or coffee grinder and whirl until it reaches a near flour consistency (alternatively, you can use quinoa flour). Combine milled quinoa with salt in a shallow bowl or pie plate. Pour egg white in another small bowl.

2. Cut tuma thinly into 1/2-inch strips, about 2 x 3 inches in size — you'll get about 10 strips. Dip strips into egg white, then press into quinoa flour until well coated.

3. Heat a medium non-stick skillet on high heat; coat with cooking spray. Add tuma and sear until lightly golden, about 2 minutes on each side. Serve hot topped with strips of roasted red peppers.

CARVE YOUR WAY TO BOARDERS ANONYMOUS

When the snow starts flying, you know it's only a matter of time until snowboard season is in full swing. So why not pay a visit to Boarders Anonymous, Manitoba's longest running snowboard shop.

"We're kind of unique in not only how long we've been running, but also in that we've been involved with snowboard culture the whole time," says owner Chris Romans.

Romans first opened the Funky Homosapien in Steinbach in 1992. Boarders Anonymous opened its doors in Winnipeg in 1995, just down the street from its current location at 844 St Mary's Rd.

"When we started out back in '92, half the hills in North America still didn't even allow snowboarding," Romans says with a laugh. "People thought snowboarding was a fad, that it wasn't going to last."

Times sure have changed, with snowboarding more popular than ever, even in the relatively flat lands of Manitoba. In business for more than 20 years, Romans has seen the sport evolve and mature over the years. Beyond snowboards, Boarders Anonymous also carries street wear, snowboard gear, skateboards, and longboards, which is another sport Romans has seen evolve over the years.

With more than 20 years experience and a passion for boarding, make sure to visit Boarders Anonymous before you hit the slopes this winter.

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EXPANDING ITS SERVICES

STURGEON TIRECRAFT

Sturgeon Tire is growing and changing its stripes. Sturgeon Tire, now operating as Sturgeon Tirecraft, recently joined the Tirecraft Retail network, making its Manitoba-based locations part of the rapidly growing chain of 225 Tirecraft locations across Canada. Sturgeon Tirecraft is also expanding both its services and facilities to accommodate more mechanical work such as brakes, oil changes, and suspension work.

Founded more than 20 years ago by Lou Leibl, Sturgeon Tirecraft has grown over the years under the leadership of Lou's son Ashley Leibl, and his son-in-law Bill Feldman, and the help of their dedicated staff, some of whom have been with the family run business since Day 1. Sturgeon Tirecraft has six locations in Winnipeg, and one in Brandon, servicing all makes and models of passenger and commercial vehicles.

"We want to make sure that we're looking after all aspects of our customer's vehicle care," says Maurice Lavoie, manager of the Sturgeon Tirecraft location on St Mary's Road. "We're working with our customers to help them stay safer on the roads and avoid unexpected breakdowns by having them on one of our preventative maintenance programs."

Bigger and better is the idea going forward. Starting in 2014, Sturgeon Tirecraft will be changing the footprint of its retail locations and redeveloping its locations into more modern, comfortable retails spaces ensuring an impressive customer experience.

CONTRIBUTED

RELAX AND REJUVENATE AT LAKEVIEW HECLA

Lakeview Hecla Resort is always open.

Located on 360 beautiful acres in Hecla Grindstone Provincial Park, Man., just past the village of Hecla, the Lakeview Hecla Resort is a uniquely contemporary and comfortable destination. The staff invites you to enjoy the properties functional and spacious guest rooms or luxurious suites.

Explore nature right outside your window, rejuvenate and relax, make time to check out the snow trails, savour the delicacies of Marshall Sokoliuk, the resorts' Red Seal chef, whom hosts a flair for culinary excellence while you enjoy the spectacular view of Lake Winnipeg.

Jeff Demarcke, the general manager of this exquisite property, is proud of the improvements Lakeview has made since it acquired ownership.

"We experienced an incredible summer," Demarcke says.

"Our guests were thrilled to note the superior enhancements of the property. I am looking forward to an equally successful winter season."

During the winter season, Lakeview is proud to provide guests with a host of different activities to help make their stay memorable, from cross-country skiing, snowshoeing and tobogganing to spending quality time in the family water park or rejuvenating with a soothing treatment at the Salka Spa.

CONTRIBUTED

If you like to plan ahead during the summer, golfers will enjoy playing the links of Lakeview Hecla's Golf Course.

For a fun family mini-vacation, time away with friends or an occasion spent with that special someone, look no further since Lakeview Hecla has exactly for what you are searching.

Lakeview Hecla Resort specials include:

Oct. 1 to March 31: Snowman Member's Exclusive Rate at $75 per night (snowmobiler rate).

Oct 15 to Dec. 19: Buy two nights, stay for three at $60 per night.

Jan. 4 to March 27: Cabin Fever Special at $89 per night.

Nov. 12 to Dec. 19: Mistletoe Rate (two-night stay) at $74.50 per night.

Don't delay — book your next getaway at Lakeview Hecla today.

AT THE RESORT

Lakeview Hecla Resort offers guests:

- Year round access at affordable prices.
- Fantastic winter rates starting at $89 per night.
- An affordable family-oriented mini-vacation.
- Family Fun water park with three-storey slides and water umbrella.
- Full-service restaurant with Red Seal chef.
- Full resort property with spa.

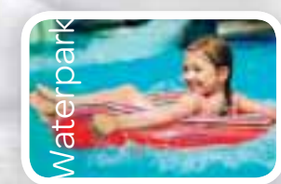
Hecla Resort
OPEN FOR THE WINTER!

ROOMS STARTING AT JUST $89* BOOK NOW!

With great winter season rates, **Lakeview Hecla Resort** offers everything you need.

Inviting you to enjoy:

- Winter activities equipment rental
- Seagull's Restaurant & Lounge
- Pools & Waterpark
- Free Wireless Internet
- Free Movies
- Salka Spa
- Pet Friendly



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LAKEVIEW™ HECLA RESORT

Jets' future brighter than 3-game flash

THE HOCKEY NEWS
Matt Larkin
winnipeg@metronews.ca

Eric Comrie is one of three Jets prospects that could suit up for Canada's juniors in December. BRUCE BENNETT/GETTY IMAGES FILE

It's hard not to get excited about three straight Jets victories and four in five games. Especially when their November opened with a brutal six-game stretch that included Chicago twice, Detroit twice and San Jose. Bryan Little is playing the best hockey of his career, sniping at will, and even Ondrej Pavelec's effort in Tuesday's shootout win was inspired.

But here's the part where the stereotypically skeptical sports writer tells you the Jets are still showing alarming tendencies, including one goal in their last 46 power-play chances and a sudden slump in their penalty-kill unit.

That said, there's too much doom and gloom in hockey coverage today, so let's discuss something Jets fans should be excited about: upcoming prospects in the system. Here are some updates on players not yet with the team who could make big splashes in coming seasons:

JOSH MORRISSEY, D (drafted 13th overall in 2013): The offensive defenceman looks slicker and swifter by the day. After tallying 47 points in 70 games with the Western League's Prince Albert Raiders last season, Morrissey is piping hot in 2013-14, with a whopping 22 points in 20 games. Some scouts worry about his size, but that isn't his game. He could give a woeful Winnipeg power play a boost in the coming seasons.

NICOLAS PETAN, C (drafted 43rd overall in 2013): Petan tore up the Western League with the Portland Winterhawks last season, tying for tops in the circuit with 120 points. He remains on that torrid pace this season, averaging almost two points per game, and as a hardworking, creative scorer, could help a Jets team always in need of more offence. So why wasn't he a first-rounder? He's very undersized at 5-foot-9 and 173-pounds and his skating needs improvement. He'll have to overcome some obstacles to be an impact NHLer, but there's no denying his natural scoring touch.

ERIC COMRIE, G (drafted 59th overall in 2013): See a trend here? After Mark Scheifele and Jacob Trouba, the next three highest-ranked Winnipeg prospects in The Hockey News come from June. Comrie is one of the game's most promising young goaltenders and, because he had season-ending hip surgery last year, the Jets may have gotten him at a discount. So far, Comrie looks healthy as an ox in 2013-14. He's played 20 of 24 games and is a saving grace for Tri-City in the WHL, posting a .928 save percentage.

So if the Jets' hot streak is short-lived and they start sliding out of the playoff hunt again, at least help is on the way. And since Morrissey, Petan and Comrie were invited to Canada's world junior selection camp this summer, it's possible you can watch all three playing for their country this December.

Cycling

IOC president not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed.

THE ASSOCIATED PRESS

Baseball

Pitchers Kershaw, Scherzer win Cy Young awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers have won baseball's Cy Young Awards.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after leading the majors with a 1.83 ERA.

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes. Kershaw went 16-9 and topped the NL with 232 strikeouts.

He won the NL Cy Young in 2011 and finished second last year.

Scherzer won the AL honour after leading the majors in wins while going 21-3. He received 28 of 30 first-place votes.

THE ASSOCIATED PRESS

Kohanchuk feels the sting of Team Canada cuts

Jenelle Kohanchuk celebrates her goal during a Four Nations Cup women's championship game on Nov. 9 in Lake Placid, N.Y. MIKE GROLL/THE ASSOCIATED PRESS

Jenelle Kohanchuk knew she was a long shot to be on the Canadian women's Olympic hockey team, but that didn't take the sting out of getting released.

The 23-year-old forward from Winnipeg was one of the first three players cut from the 27 trying out for the team in Calgary. Defencemen Tessa Bonhomme of Sudbury, Ont., and Brigette Lacquette of Waterhen, Man., were also released.

Kohanchuk had never played for the national team when she arrived in Calgary in August. She was the first forward cut after playing her eighth international game for Canada.

Released

"Hopefully 2018 will give me another opportunity."

23-year-old Jenelle Kohanchuk

"I was told I was on the bubble from the get-go in May," Kohanchuk said Wednesday. "I was the only forward who had never played on a Four Nations or world championship team. I knew it was going to be a challenge for me this year to make the team.

"Playing for the Olympic team and wearing the Maple Leaf and representing my country is something I've wanted my entire life. It's definitely something that's hard to accept the fact that I won't be doing that. "

Head coach Dan Church will release another defencemen and two forwards before he names his 21-player Olympic roster in December.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

♉ Taurus
April 21 - May 21
One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

♊ Gemini
May 22 - June 21
There is no reason at all why you should not be taking risks that can benefit you personally.

♋ Cancer
June 22 - July 23
Times may be tough but you are tough enough to face them and make something good of them.

♌ Leo
July 24 - Aug. 23
Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

♍ Virgo
Aug. 24 - Sept. 23
There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

♎ Libra
Sept. 24 - Oct. 23
Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to help a friend in need but you also realize that they must learn from their own mistakes.

♑ Capricorn
Dec. 22 - Jan. 20
The future is not something you should be looking forward to and planning for – the future is here and now.

♒ Aquarius
Jan. 21 - Feb. 19
You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

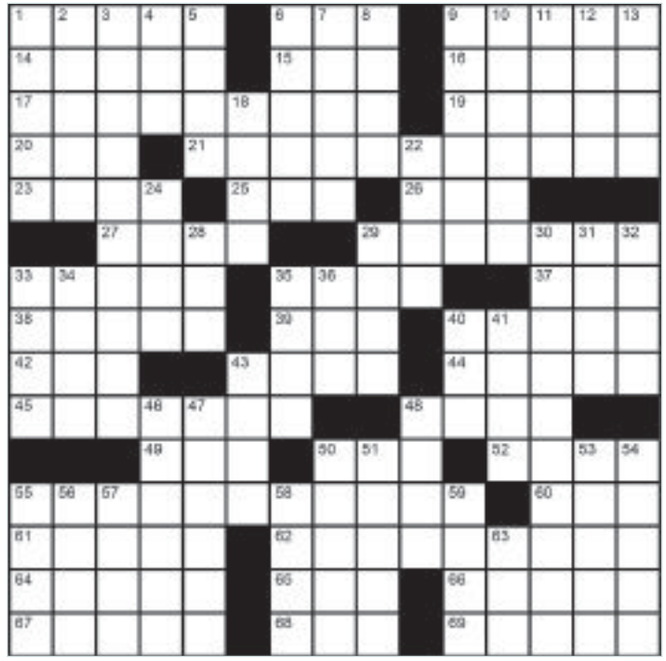
♓ Pisces
Feb. 20 - March 20
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



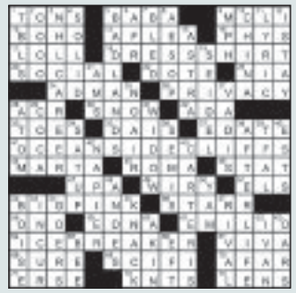
Across

1. "The __ Mutiny" (1954)
6. Conned
9. Scale
14. British car, __ Martin
15. Poet's 'previously'
16. Golden '60s song, for example
17. Canadian-invented Trivial Pursuit, for one: 2 wds.
19. Wheezing noises
20. Prince Valiant's son
21. Nature government agency, __ Canada
23. Info given secretly to the press
25. 'Yes' on a yacht
26. Pastureland
27. Dryer's fluff
29. New __, Nova Scotia
33. In a bashful way
35. Scuffle
37. Fair-hiring letters
38. Urgency
39. Fireplace fixture
40. Breath whilst laughing
42. Keyboard key
43. Stitches
44. Places at a slant
45. Badgley __ (American fashion design duo)
48. Jason's craft
49. French for 'Goose'
50. Corny place
52. Elevs.
55. Bird found across Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James __
61. Horseback rider's straps
62. Natural __ Canada
64. Bandleader Mr. Shaw
65. Big Apple toy store, _ _ _ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin __ American Dance Theater

Down

1. Secretly conspiring group
2. "Oh, don't be _ __ loser!"
3. Pros in a Computer Dept., _ _ __
4. Neither's partner
5. The Neverending Story author, Michael __
6. Music genre, with Metal
7. Hollywood's Mr. Hammer
8. Red __, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs
24. Bagpiper's outfit piece
28. 'The Science Guy', Bill __
29. Practical jokes
30. __ Survey of Canada
31. Astronomy's __ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-_-__!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy __
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1					7	
7					3		2	
8			5		7	9		
	1			4		8		3
5		3		6			1	
		4	7		2			1
	2		6					9
	7					6	3	

Yesterday's Sudoku

3	9	4	1	2	5	7	6	8
6	8	2	9	3	7	1	4	5
7	1	5	4	8	6	2	9	3
8	3	1	5	7	9	6	2	4
4	7	9	2	6	8	5	3	1
2	5	6	3	4	1	8	7	9
9	2	8	7	1	3	4	5	6
5	6	7	8	9	4	3	1	2
1	4	3	6	5	2	9	8	7

Weather

TODAY	FRIDAY	SATURDAY
MAX: -1° MIN: -8°	MAX: 5° MIN: -3°	MAX: 5° MIN: -11°

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